

## The Big Melt - Nutritional

Menu Items/List	Total Calories kcal	Calories from Fat (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carbohydrates (g)	Fibers (g)	Sugars (g)	Protein (g)
(The Big Melt) Awesome Sauce	110.14	89.78	9.89	1.34	0	4.48	337.04	4.91	0.03	3.82	0.03
(The Big Melt) Black and Blue Melt	748.65	571.28	75.69	38.43	0.12	171.79	1890.58	7.11	1.74	2.18	9.43
(The Big Melt) Classic Chocolate Chip Cookie	521.52	248	27.56	11.79	0.45	39.12	381.24	66.45	2.04	41.28	4.99
(The Big Melt) Classic Fries	548	230	25.93	4.77	0.04	3.4	5521.99	70.59	6.9	0.7	7.94
(The Big Melt) Classic Mac Bites with House Sauce	398.3	264.56	28.17	12.11	0.54	105.76	744.38	26.45	0.99	6.54	8.72
(The Big Melt) Classic Melt	1153.79	521.65	103.31	51.68	2	294.06	1010.85	12.01	1.77	5.62	45.71
(The Big Melt) Creamy Tomato Soup	259.09	135.19	15.91	15.91	0	34.74	964.62	17.6	1.98	14.05	10.38
(The Big Melt) Fudge Brownie	572.2	122.19	30.92	9.88	0	86.38	366.27	69.2	2.95	45.67	8.07
(The Big Melt) Ghost Fries	551.75	230.08	25.93	4.77	0.04	3.4	1536.81	73.11	7.01	0.74	8.13
(The Big Melt) Gluten-Free Bread	100	0	0	0	0	10	170	20	1	2	2
(The Big Melt) Mac & Cheese	1113.34	780.23	105.02	63.95	2.74	318.95	1095.74	16.43	0.31	10.49	29.77
(The Big Melt) Rise n Shine	1439.18	836.38	126.61	60.5	2.73	802.73	2482.79	7.74	0.14	5.49	64.09
: (The Big Melt) Southwestern Melt	1264.26	349.63	116.1	63.04	0.12	284.93	2045.76	11.5	0.39	8.61	44.36
: (The Big Melt) Sriracha Ranch	173.09	161.09	17.67	2.91	0	7.27	577.48	4.07	0.22	2.18	0.22
(The Big Melt) Sweet Potato Tots	409	140	15.42	2.45	0.04	1.6	3124.2	63.8	6.7	28.7	3.72
: (The Big Melt) Wheat Bread	320	40	4	1	0	0	540	60	4	10	10
(The Big Melt) White Bread	150	12.5	1.25	0	0	0		350	30	1.25	6.25

\* 2,000 calories a day is used for general nutrition advice, but calorie needs vary. Written nutrition information is available upon request.